



Off the Road

39th BCT Up and Running in Taji

By Cpl. Benjamin Cossel
122nd MPAD

CAMP COOKE- With a distinctive Bowie knife hanging from many of their pistol belts, the final convoy of the 39th Brigade Combat Team (BCT) rolled through the gates

here, marking the first time in history the entire brigade has deployed to a combat zone.

During their convoy north, the fifth serial came under the heaviest attack.

"[It] was supposed to be our last day of the convoy,"

Spc. Michael Owens, a chemical specialist with the 39th BCT recounted. "It was absolutely crazy. We drove into an ambush. We came under rocket, Improvised Explosive Device (IED) and small-arms fire attack. The whole thing probably only lasted five or ten minutes, but it seemed like forever. Thankfully, no one was hurt during that engagement."

Like the shifting winds of a tornado, the damages and injuries of combat often defy explanation. Twenty minutes of a sustained engagement during a convoy resulted in no loss of life. However, a mortar attack on Camp Cooke earlier in April, lasting all of a few seconds, resulted in the first death for Arkansas' Bowie Brigade.

Good Friday marked the one-year anniversary of Saddam Hussein's statue falling in downtown Baghdad. One year later, two mortars were launched into Camp Cooke.

Having just arrived in country, Sgt. 1st Class William W. Labadie Jr., of Bauxite, Ark., was on Camp Cooke just a few hours when the mortars

fell. Labadie died from shrapnel wounds he received during the attack, 39BCT's first death.

"With recent events there's no doubt, we're in a combat zone."

**-SPC Robert Martin
39BCT
Chemical Specialist**

"It's been hard," said Spc. Robert Martin, a chemical specialist with the 39BCT. "The reality of where we are has fully sunk in. For a lot of folks, up until now, this has felt like an AT (annual training), but with recent events there's no doubt, we're in a combat zone."

A National Guard unit headquartered in Little Rock, Ark., the 39BCT began Operation Iraqi Freedom II as an enhanced separate brigade. Attached to the 1st Cavalry Division for the duration of their deployment, the 39BCT transferred 1st Battalion, 153rd Infantry to the First Team. In return, the 39BCT acquired the 2nd Squadron of the 7th Cavalry Regiment, transforming the 39th into a BCT.

The unit is now fully functioning in Taji, a northern suburb of Baghdad.

Getting here was the first challenge. With six of the eleven convoys from Kuwait coming under attack, Soldiers of the 39BCT were forced to adjust to life in a combat zone almost immediately.



By Cpl. Benjamin Cossel, 122nd MPAD

Pfc. Richard Hibbs, a military policeman with the 39th BCT's Personal Security Detachment, explains to his fellow MPs the type of round used in the Mark-19 grenade launcher.

Eatin' It Up

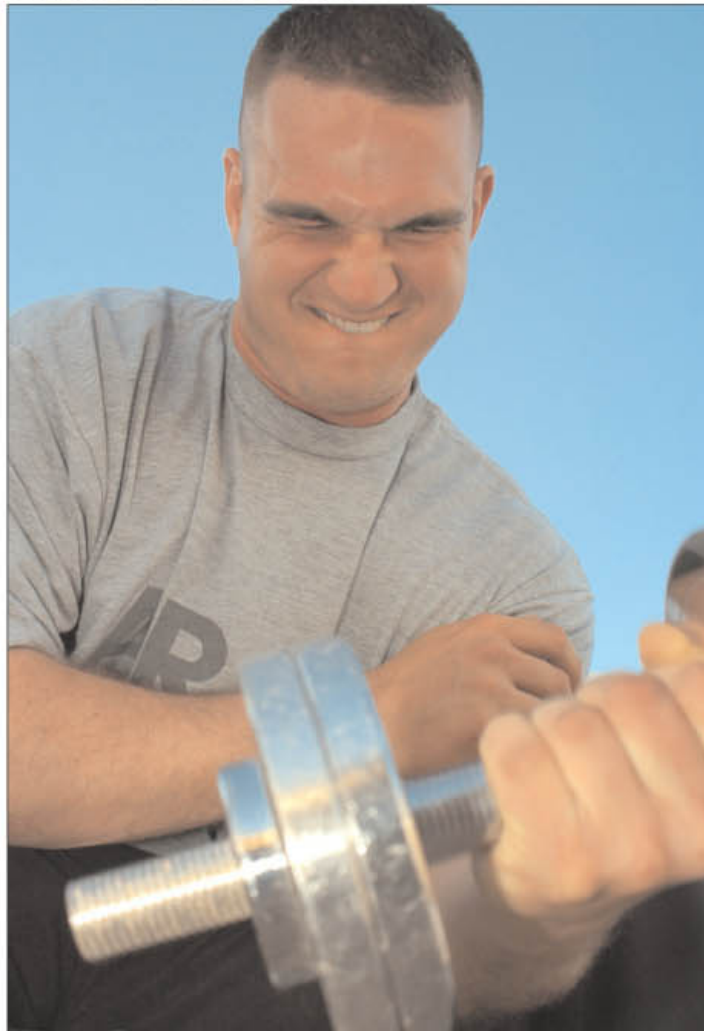
Soldiers Plan to Stay Fit, Lose or Gain Weight

By Spc. Bryan Kinkade

1st Cavalry Division PAO

CAMP VICTORY
NORTH- Many Soldiers from the 1st Cavalry Division are doing something different with

their bodies during this deployment to Iraq. Some Soldiers are choosing to lose weight, some want to gain weight, and some just want to get pumped up.



By Spc Bryan Kinkade, 1st. Cav. Div. PAO

Spc. Dan Mathia, 26, adds a little muscle to his biceps, while curling 50 pounds during a workout routine he has developed to stay in shape while in Iraq.

"Basically, I want to get back to where I was when I first got to Fort Hood," said Spc. Dan Mathia, a First Team Soldier with the Division Honor Guard. "I'm redistributing my weight, from fat to muscle."

Though some Soldiers don't have enough time to work out consistently, some are working out religiously. Mathia, 26, tries to work out two times a day and has a goal of bench-pressing at least 280 pounds before he leaves Iraq.

"I'm lifting weights, running and dieting," the Gainesville, Fla. native said. "It's been going well, I haven't even been here two months yet. When I got here I was warming up with 135 pounds and now I start with 210."

As Soldiers work out their own plans to gain and lose weight, the Deputy Division Surgeon said there are many ways to do it.

"[To lose weight] Soldiers should exercise in moderation and diet," said Maj. Gary Aspera, who doubles as the senior physicians assistant for the division. "But [Soldiers should] not [start a] complete cold-turkey diet, when they don't eat anything. They need a light, well-balanced diet.

"They need to lose weight slowly, not fast," he continued. "If they lose weight slowly, it's

easier for them to keep off the weight."

As there are many different ways to lose and gain weight in the deployment, Spc. Chas Marshall, a light-wheeled mechanic with Headquarters Company, 1st Cav. Div., has a different view on dieting, as he tries to gain weight in Iraq.

"I eat as much protein and starch as I can," he said, as he sat down at the dining facility with a plate full of beef and noodles, potato wedges, rice and mixed vegetables. "I maintain the same exercises as normal, just at a slower pace, so I burn less calories, but get the same endurance and strength."

Marshall's plan to gain weight seems to be working for him so far. He has gained four pounds since his arrival to the Middle East a little over two months ago.

"My first four months at Fort Hood, I did nothing but lose weight from the heat, so while I'm here, I might as well gain some, so I can lose it later," the Wheeling, West Va., native said.

Aspera thinks that Iraq may be a good place for Soldiers to focus on their bodies, because of the lack of social activities.

"The fact that they are here allows them to focus on a weight loss or weight gain pro-

Continued on Page 3

Commanding General: Maj. Gen. Peter Chiarelli

Public Affairs Officer: Lt. Col. James Hutton

122nd Mobile Public Affairs Detachment Cmdr.: Maj. John Fuhrman

Public Affairs Supervisor: Master Sgt. Dave Larsen

1st Sgt. 122nd Mobile Public Affairs Detachment: Master Sgt. William Kuhns

Editor: Sgt. Susan German

Staff Writers: Staff Sgt. Tony Sailer, Sgt. Merriem LaSonde, Sgt. Dan Purcell, Cpl. Benjamin Cossel, Cpl. Bill Putnam, Spc. Jan Critchfield, Spc.

Bryan Kinkade, Spc. Andy Miller, Spc. Marie Whitney, Pfc. Al Barrus, Pfc. Erik LeDrew

The Daily Charge is an authorized publication for members of the U.S. Army. Contents of *The Daily Charge* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or the First Cavalry Division. All editorial content of *The Daily Charge* is prepared, edited, provided and approved by the 1st Cavalry Division Public Affairs Office.

Dohuk University President Hopeful for Future of Education

► From KCEN-TV

WACO, Texas- The president of an Iraqi University told a Baylor Middle Eastern Studies class Wednesday he is optimistic for the future of higher education in his country.

Dr. Asmat Khalid is the president of Dohuk University in northern Iraq. He says education could be up to speed in the war-torn country in five to ten years. Iraqis destroyed and looted many of the schools after the fall of Saddam. Asmat says

Dr. Asmat Khalid
President
Dohuk University,
Kurdistan Region



they are rebuilding them and revamping the curriculum to reflect a free society, post-Saddam.

Dr. Asmat is hosting a public lecture April 22 at Baylor's Draper Academic Building.



► Remembering the Holocaust



Killeen Daily Herald

Nick Roderick, a fifth-grader at Pershing Park Elementary School in Killeen, Texas, completes a tile painted to commemorate Holocaust Remembrance Week April 19-23.

Friday

High: 83
Low: 64



Saturday

High: 84
Low: 62



Sunday

High: 87
Low: 62



**Reminder: Mother's Day is
Sunday, May 9**

**There's still time to mail a
card or send flowers.**



Soldiers Eat, Work Out to Stay in Shape

Continued from Page 2

gram, if that's what they desire to do," he said. "Bottom line: it's a caloric intake thing. If you want to gain weight, eat a

lot of carbohydrates, eat three meals a day, and maintain an exercise program."

At various post exchanges around Baghdad, a variety of

dietary supplements and energy drinks are available. Mathia is taking fat burning and protein supplements to reach his goal, but he is considering a more natural plan.

"The best thing that has worked for me so far is dieting and cardio workouts to lose weight," he said.

One thing all Soldiers should have in common, whether they want to lose weight, gain it, or neither, is the need to drink water.

"The dangerous thing for them to do is to not drink fluids and try to maintain weight loss by losing water weight," Aspera said. "Especially as it's going to get hotter as we get into the summer. We don't want the Soldiers to suffer from heat injuries."



By Spc. Bryan Kinkade, 1CD PAO

Staff Sgt. Alan Ash, the 1st Cav. Div. Deputy Commandant, lifts weights after he gets off work.

Today in History

April 23

► From historychannel.com

1564 William Shakespeare

born in Stratford-on-Avon

1616 William Shakespeare

dies at age of 52

1859 Byers publishes first

Denver newspaper

1942 Germans begin

"Baedeker Raids" on

England

1945 President Harry

Truman confronts Soviet

Foreign Minister

Vyacheslav Molotov

1956 Elvis debuts in Las

Vegas

1975 President Gerald Ford

says that war is finished for

America

Little Rock Youth Making Tracks to Winner's Circle

► From *Arkansas Democrat-Gazette*

LITTLE ROCK, Ark.-Followers of the ultracompetitive Skip Barber Formula Dodge racing series were not surprised when Little Rock's John Edwards won two races at Daytona International Raceway in January.

They knew Edwards has been a winner at every level of racing. The surprise came when Edwards' biographical information was revealed. Edwards, a seventh-grader at Little Rock Episcopal, was 12 when he stepped out of the car after each of those victories. Yes, 12.

It is believed Edwards was the youngest driver in the world to win at a nonkart, open-wheel road race. He has since added victories at Savannah, Ga., and Laguna Seca, Calif.

And American road racing has taken notice.

"He could very well be a phenom," said Rick Roso, the



Arkansas Democrat-Gazette

John Edwards, a seventh-grader at Little Rock Episcopal, wins both races he entered at the Daytona International Raceway in January 2004.

motorsports marketing manager for Skip Barber Racing. "Now, he's in the very early stages, clearly. But John has the components needed to make him a successful driver."

"Racing started out as a hobby, but it wasn't long before it turned into something that I knew I wanted to make my career," John Edwards said.

John Edwards is not your

typical Little Rock Episcopal seventh-grader. He does much of his homework in the pits or on the plane returning from races. And how many seventh-graders spend their free time hurtling around racetracks at death-defying speeds?

John Edwards' career is in its infancy, but he has goals.

One thing is certain. John Edwards has gotten an early start.

Scores NBA

Playoffs

Milwaukee 92
Detroit 88

Minnesota 95
Denver 81

Miami 93
New Orleans 63

Portland Trailblazers
Forward Zach
Randolph named
2004 NBA Most
Improved Player



MLB

AMERICAN LEAGUE

Minnesota 4
Detroit 3

Cleveland 5
Kansas City 4

Anaheim 7
Texas 5

Oakland 8
Seattle 2

NATIONAL LEAGUE

New York 3
Montreal 2

Florida 9
Philadelphia 7

Cincinnati 5
Atlanta 3
(Game called after 5 innings due to rain)

Arizona 11 (15 innings)
Milwaukee 9

Colorado 7
Los Angeles 1
(Game called after 7 innings due to rain)

San Diego 9
San Francisco 4

Chicago
Pittsburgh
(Postponed due to rain)

TV GUIDE

	AFN ATLANTIC	AFN PACIFIC	AFN Sports	AFN Spectrum
18:00	Kim Possible/ My Life as a Teenage Robot	Tonight Show with Jay Leno/The Late Show with David Letterman	ESPNews/ Pardon the Interruption	The X-Files
19:00	Jeopardy/ Headline News	Access Hollywood 19:30	Sportscenter	The Wild Thornberrys/ The Fairly Oddparents
20:00	ESPNews/ Headline News	Charlie's Angels	ESPNews/ Baseball Tonight 20:20	The Simpsons/ The Cosby Show
21:00	The Simpsons/ Malcolm in the Middle	Tootsie 21:45	Sportscenter	The Dead Zone
22:00	Survivor: All- Stars		Real Sports with Bryant Gumbel	Boston Public